

Beef Vegetable Soup

Meal Components: Vegetable, Red / Orange, Other

Soups & Stews, H-04A

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|--|---------------|-----------------------------|--------------|--------------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Raw ground beef (no more than 15% fat) | 2 lb 2 1/2 oz | | 4 lb 5 oz | | 1. Brown ground beef. Drain. Continue immediately. |
| OR | OR | | OR | | |
| Canned beef with natural juices, undrained | 3 lb 3 oz | 1 3/4 No. 2 1/2 cans | 6 lb 6 oz | 3 1/2 No. 2 1/2 cans | |
| Beef stock, non-MSG | | 1 gal 3 1/2 qt | | 3 gal 3 qt | 2. Combine stock, cooked ground beef or canned beef, to matoes, celery, onions, pepper, parsley, and granulated garlic. Bring to boil. |
| Canned low-sodium diced tomatoes, with juice | 6 lb 6 oz | 3 qt 1/2 cup (1 No. 10 can) | 12 lb 12 oz | 1 gal 2 1/4 qt (2 No. 10 cans) | |
| *Fresh celery, chopped | 10 oz | 2 1/2 cups | 1 lb 4 oz | 1 qt 1 cup | |
| *Fresh onions, chopped | 1 lb | 2 2/3 cups | 2 lb | 1 qt 1 1/3 cups | |
| OR | OR | OR | OR | OR | |
| Dehydrated onions | 3 oz | 1 1/2 cups | 6 oz | 3 cups | |

| | | | | | |
|--|---------------|-----------------------------|------------|----------------------------------|--|
| Dried parsley | | 1/4 cup | | 1/2 cup | |
| Granulated garlic | | 2 Tbsp | | 1/4 cup | |
| 3. Reduce heat and cover. Simmer for 20 minutes. | | | | | |
| Canned low-sodium added liquid pack whole-kernel corn, drained | 1 lb 2 1/2 oz | 2 3/4 cups (1/4 No. 10 can) | 2 lb 5 oz | 1 qt 1 1/2 cups (1/2 No. 10 can) | 4. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.) |
| OR | OR | OR | OR | OR | |
| Frozen whole-kernel corn | 1 lb 1 1/2 oz | 3 1/4 cups | 2 lb 3 oz | 1 qt 2 1/2 cups | |
| Canned low-sodium diced carrots, drained | 1 lb 2 oz | 2 1/2 cups (1/4 No. 10 can) | 2 lb 4 oz | 1 qt 1 cup (1/2 No. 10 can) | |
| OR | OR | OR | OR | OR | |
| Frozen sliced carrots | 1 lb 6 oz | 1 qt 1 cup | 2 lb 12 oz | 2 qt 2 cups | |
| Canned low-sodium cut green beans, drained | 15 oz | 3 1/2 cups (1/4 No. 10 can) | 1 lb 14 oz | 1 qt 3 cups (1/2 No. 10 can) | |
| OR | OR | OR | OR | OR | |
| Frozen cut green beans | 15 oz | 3 1/2 cups | 1 lb 14 oz | 1 qt 3 cups | |
| Canned low-sodium canned green peas, drained | 1 lb 1 1/2 oz | 2 1/2 cups (1/4 No. 10 can) | 2 lb 3 oz | 1 qt 1 cup (1/2 No. 10 can) | |

Frozen green peas

1 lb 4 oz

1 qt

2 lb 8 oz

2 qt

- 5. Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds
- 6. Pour 9 lb 1 ¼ oz (1 gal ? cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
- 7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

| Notes |
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| <p>Comments:</p> <p>*See Marketing Guide.</p> <p>Updated July 2014. Restandarization in progress</p> |

| Marketing Guide | | |
|-----------------------|-------------|-------------|
| Food as Purchased for | 50 Servings | 50 Servings |
| Celery | 12 oz | 1 lb 8 oz |
| Mature onions | 1 lb 3 oz | 2 lb 6 oz |

| Serving | Yield | Volume |
|--|---|--|
| 1 cup (8 oz ladle) provides 1/4 cup red/orange vegetable, 1/8 cup other vegetable and 1/8 cup additional vegetable. | 50 Servings: about 27 lb 4 oz 100 Servings: about 54 lb 8 oz | 50 Servings: about 3 gallons 2 cups 100 Servings: about 6 gallons 1 quart |

| Nutrients Per Serving | | | | | |
|-----------------------|--------|---------------|---------|---------------|--------|
| Calories | 86 | Saturated Fat | 1.29 g | Calcium | 39 mg |
| Protein | 6.09 g | Cholesterol | 14 mg | Sodium | 282 mg |
| Carbohydrate | 8.97 g | Vitamin A | 1918 IU | Dietary Fiber | 1.8 g |
| Total Fat | 3.21 g | Iron | 1.28 mg | | |